

What is claimed is:

1. A transfer platform comprising
  - a seat portion and at least one side portion extending from the seat portion;
  - 5 a chamfered edge on the at least one side portion providing a slightly inclined surface at an outer margin of the platform;
  - a raised lip extending along a first edge of the seat portion; and
  - at least one fastening means operably connected to a second edge of the seat portion, the second edge being parallel to the first edge.
2. The transfer platform of claim 1 further comprising an aperture within the seat portion
  - 10 through which waste may be transmitted into a receptacle positioned beneath the aperture.
3. The transfer platform of claim 1 wherein the at least one side portion is formed of unitary construction with the seat portion.
4. The transfer platform of claim 1 wherein the at least one side portion is operably connected
  - 15 to the seat portion by at least one hinged element, the side portion thereby being positioned either perpendicular to the seat portion for storage, or positioned so that the side portion is extended from the seat portion to form a substantially planar surface for a physically challenged individual to be moved across the side portion to access the seat portion.
5. A method of using a transfer platform to enable a physically challenged individual to be
  - 20 more easily moved from a bed or wheelchair to a patient-assistance device, the method comprising
    - providing a transfer board comprising

- a seat portion and at least one side portion extending from the seat portion;
- a chamfered edge on the at least one side portion providing a slightly inclined surface at an outer margin of the platform;
- a raised lip extending along a first edge of the seat portion; and
- 5 at least one fastening means operably connected to a second edge of the seat portion, the second edge being parallel to the first edge;
- attaching the transfer board by means of the at least one fastening means to a patient assistance device; and
- 10 sliding the physically challenged individual across the at least one side portion to be positioned on the seating portion.
6. The method of claim 5 wherein the fastening means is a standard commode hinge.
7. The method of claim 5 wherein the patient assistance device is selected from the group comprising a standard commode, a portable toilet chair, or a shower chair.